

Flower power

Think sunflowers for a quick vitality boost. By Jill Lawson

Heliotropic flowers turn their faces toward the sun. They can be seen following the sun's motion across an expansive sky from sunrise to sunset. If you've ever witnessed a field of sunflowers, you may have noticed that every single flower in the sea of brilliant yellow is facing the same direction. All day long, sunflowers posture themselves to receive maximum light and energy.

Escorted by a circadian motion, sunflowers respect their nature in order to grow and thrive. It is what makes them appear so vibrant and cheerful. They simply follow the light of the sun, because that is what they are made to do.

Humans also have a circadian rhythm and are greatly affected by sunlight. Most of us have experienced a boost of energy when the sun comes out and a bit of the blues when all is cloudy and grey. A little sunshine can work wonders to lift our mood and make us look vibrant and feel happy. If there is no sun in your forecast, imagining it is the next best thing.

When you are feeling hungry for nourishing inspiration, practice the following sunflower meditation, day or night.

Sit comfortably with your body relaxed and your posture erect. Take a couple of deep breaths and then close your eyes.

Imagine your spine as the tall, straight stalk of the sunflower, and visualise the face of the sunflower with its blazing yellow petals shining just a few inches above your head. Connect with this image as you tune

into your body's cyclical nature and innate need for energy from the sun.

Now create an image of the sun in your mind. See it bold, bright, and full of radiance, as its rays pierce the sky and shine down onto the earth. Witness the sun arcing toward the horizon, and with all of your might, conceive the idea that every cell in your body is turning toward it to receive its light and energy.

Notice a subtle vibration within, and feel your body illuminate from the powerful effect of the sun's rays. Let this healthful energy penetrate even the darkest places within your mind and body.

Practice this simple meditation as often as needed and you will soon begin to feel as vibrant and cheerful as the sunflower. Trust it is also within your nature to seek the sun's energy. Honor your own innate path, and keep your mind and body facing the light.

